

MARCH/APRIL 1993

VOLUME 22, #2

# USA GYMNASTICS



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From Barcelona to Woodward. (center) Yelvin Purisim - Coach of the top two qualifiers to the 1992 US Olympic Team. (left) Scott Keweluk - #1 qualifier to the 1992 US Olympic Team. (right) Charlie Waller - #2 qualifier to the 1992 US Olympic Team.

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# USA GYMNASTICS

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(below) Gregg Curtis

© Gregg Curtis/Photo by Gregg Curtis



## WINTER CUP

The Winter Cup Challenge served as a qualifier for the USCG National Team and to several important competitions in this year's competitive season. Gregg Curtis from the Olympic Training Center was the overall compulsory optional champion.

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(left) Dominique Dawes

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## DAWESOME!

Dominique Dawes is a two-time national event champion and a member of the bronze medal U.S. Olympic Team. Dawes talks about her Olympic experience and future goals.

(below) Jarrod Hansen

© Gregg Curtis/Photo by Gregg Curtis



## ORIGINALITY INVITATIONAL

Arizona Sunsets' Don Hansen won the "Best of Show" with his unique vault at the second annual Originality Invitational held at the Sports Complex at the U.S. Olympic Training Center.

# THE WORLD SPORTING COMMUNITY UNITES

**By Miles Jacki,  
USA Gymnastics  
President**

At the International Gymnastics Federation Congress, held during the Barcelona Games, more than 15 new countries were added as members of the FIG. Many of the new additions were countries that were created by the breakup of the Soviet Union. It was interesting to see how the mix of athletes was distributed among the numerous Soviet

Republics. Interestingly enough, no one single republic hosted the homes of the majority of the athletes from the Unified Team. In fact, the athletes from the Unified Team were quite widely distributed among the numerous Soviet Republics. Vitaly Scherbo and Svetlana Boginskaya are from Belarus; Oleg Minin and Tatiana Gutsu are from Ukraine; Valeri Belikov is from Azerbaijan; and Igor Konoschnikov and Tatjana Lisenko are from Ukraine.

With this distribution, it is unlikely that any former Soviet Republic will be dominating the team competitions in the future. However, remember that two athletes per country qualify for individual apparatus championships. In the past,



that meant that only two athletes per country could participate in the event finals on any one event. Thus athletes could participate from one country in the all-around competition. It is now possible that many of the former Soviet gymnasts may now qualify for individual event championships for all-around titles. We will see how this all works out during the World Championships that will take place in Birmingham, England this coming April. It will be the first time that athletes from these republics compete for individual events and all-around titles only—and, there are no controversies.

Another thing that we are finding most interesting is that the strong governmental support that was always a dominant part of the Soviet Union's sports program has all but disintegrated. Now, the individual countries must fund their own programs. It was interesting to note that the Russian Olympic Committee recently signed Reebok as one of its sponsors. While no numerous companies have

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Dear Mary Lou,

I'm twelve years old and in Level 8. I am having trouble with my giant on high bar. Sometimes I make them, but mostly I don't. I don't see the difference between the times I do make them and the times I don't. Could you give me advice?

Nikki Taylor  
Madison, OH

**Dear Nikki,**  
**Because you're the one performing the giant, there is no possible way for you to see yourself, unless you video it. So listen to your coach's corrections. Here are a few tips: Always start your giant from a handstand. Keep your body straight until you pass the low bar. Then do a very strong scoop action under the bar. Stay with**



**that scoop until you are almost at the top of your giant swing. (just when you are about to rotate your hands). Then get back into your high, straight body position.**

Dear Mary Lou:  
 I started competitive gymnastics (Level 5) in the fall of 1991. This year I moved up to Level 6. Also, just recently, I got my back handspring on

Send your questions to USA Gymnastics, Ask Mary Lou, P.O. American Plaza, 200 S. Capitol Avenue, Suite 300, Indianapolis, Indiana 46225

Dear Mary Lou:

We are in Level 7 compulsory. Sometimes we don't have enough energy to get through the last pass on floor. How can we improve on this?

Cassie Marzen  
Eileen Kennedy  
Scottsdale, AZ

**Dear Cassie and Eileen:**  
**It sounds like your endurance is low. There is no easy solution to your problem. The answer is to keep doing full floor routines until your body is used to it. Performing dance through routines will not help, because when you add the tumbling passes, you are using a lot more energy. You could also add a juggling routine to your work out. That always seemed to help me get my endurance up and my lungs in shape for floor routines.**

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1993

N C A A

# WOMEN'S PREVIEW

By Sue Berneis, University of Minnesota Sports Information

Last year's NCAA women's gymnastics season was capped by the highest-scoring championships in the 11-year history of the event. A record seven teams, led by the University of Utah, topped 190 at the championships. The Utes' Missy Marlowe scored a meet-record 39.65 in winning the all-around title. Overall, individual and team championships records were set or tied in eight of a possible 16 categories.

While the entire 1992 season could be considered the most exciting ever in college women's gymnastics—1993

were scored 25 times—the 1993 season should be just as thrilling. The NCAA women's championships will take place in Corvallis, Ore., at Oregon State University's Gill Coliseum from April 15-17. While the NCAA season concludes in April, for some of the competitors it will continue. The top 16 all-around finishers at the NCAA championships will be among those eligible to compete in the World University Games Team Trials on May 1-5 in Salt Lake City, Utah. The gymnasts who do participate in the trials will be vying for a chance to make the six-member World University Games Team and eventually compete in the World University Games, which will be held from July 8-19 in Buffalo, NY.

Following is a region-by-region look at the NCAA contenders, based primarily on the National Association of Collegiate Gymnastics Coaches (NACGC/W) pressroom coaches' top 20 rankings

The coaches tabbed more teams from the Midwest region (seven) for the national top 20 than any other region. Defending national champion Utah was picked by the coaches as the preseason national favorite. Despite losing Missy Marlowe and Shelly Schaeffer, head coach Greg Marsden's Utes again have one of the deepest teams in the nation. Six All-Americans, led by 12-time All-American Kristen Kemoyer. Also back are All-Americans Tracy Richard, Jerry Donaldson, Meredith King, Anne Tripparis and Kelli Wolsey. Among the newcomers are three gymnasts with U.S. national team experience—Sandy Woolsey, Jennifer Merriam and Alysa Fornito.

Arizona (95), which finished fifth at last season's championships, return All-Americans Stacy Fowlkes and Jeana Kondziel, while in-state rival Arizona State (96), returns All-American Tina Brinkman and has added former U.S. team member Jennifer McKenna. Brigham Young (98) lost eight gymnasts off a team that finished 12th in the nation last season, but has added a fine freshman class that includes Juliet Bangerter and Elizabeth Crandall. Utah State (94), which qualified to the national championships in 1991, has added 1992 Australian Olympian Jane Warrilow to a squad that returns seven letter winners. Nebraska (95) will be led by Nicole Dubal and Martha Jenkins, both of whom qualified to the NCAA championships as individuals last season. Another top team in the region includes Oklahoma (92).

## MIDWEST REGION

## SOUTHEAST REGION

Last year's NCAA runner-up, Georgia, meared the coaches' No. 2 preseason ranking. It should be another banner year for head coach Susanne Younkin's Lady Bulldogs, as five All-Americans return. Leading the cast is 11-time All-American Hope Spivey-Shelley, who has scored 10.00-eight times in her college career and was perfect six times in 1992. Joining Spivey-Shelley are All-Americans Andrea Dewey, Neeka Logan, Agnes Sampson and Heather Stapp. Georgia's top newcomer is two-time Canadian Olympic team member Lori Strong. Florida (101) is looking to return to the NCAA championships for the 12th time but will attempt to do so for the first time without head coach Ernestine Werner, who retired after coaching the Gators to an 11th-place finish at last season's championships. The



1989 World Championships team member Kim Kelly, a freshman from the University of Alabama.

program should continue its tradition of excellence under new coach Judi Avner, who was named the 1992 national coach of year after leading Penn State to a fourth-place finish at the NCAA championships. The leading Gators returnees are Lynette Wimmer and Lisa Panatieri.

Towson State (#3), which finished 16th in last season's final national ranking, should again be among the Southeast Region's top teams. Cathy Lardouze leads a group of eight returning Tiger letterwinners.

## CENTRAL REGION

The Central Region may not be the nation's strongest region, but it is the nation's deepest. Seven teams that did not qualify for last year's regional championship meet would have qualified in other regions.

Peterson national power Alabama (#2) is the coaches' favorite to win the Central Region. Head coach Sarah Peterson's team returns four All-Americans, including defending national balance beam co-champion Dana Dobroskey and senior Dee Foster, whose 13 All-American honors are more than any one in NCAA history. Kim Strip and Sheryl Daniels also earned All-American honors for the Crimson Tide last season. Three former U.S. national team members—Ken Kelly, Jenny McManam and Marisa Neuhause—arrived in Tuscaloosa, Ala., last fall to bolster the 'Bama lineup even further.

The region's newest power is Michigan (#1), which

### 1989 and 1991 World Championships team member Steady Wesley, is a freshman from the University of Utah.

narrowly missed a team berth to the NCAA championships last season. This may be the year for the Wolverines to make it as they return All-American Beth Wymer and national all-around qualifier Kelly Cutters. Other Central Region hopes among the coaches' preseason top 20 were Auburn (#16) and LSU (#19). Auburn will be led by all-arounder Danielle Price, while LSU will look to 1992 Canadian Olympian Jennifer Wood to strengthen a roster that features seven returning letterwinners.

## WEST REGION

The West Region features five teams from the Pacific-10 Conference that were ranked among the pre-season coaches' top 20: Oregon State (#8), which finished ninth at last year's NCAA championships, hopes to improve on that in front of its home crowd this season. Four returning All-Americans return for head coach Jan Turpin's Beavers. Headlining that group is Cheri Knight, who in one meet last season scored over 39.00 all-around in seven consecutive meets. She is one of two college gymnasts (Spicer-Sheddy is the other) to score 39.00 twice in the same meet. Other returning Beaver All-Americans are

Amy Dukashen, Tina Crover and Wendy Smith.

UCLA (#9) lost just one member off last year's team, which finished ninth at the NCAA championships. Six seniors, including 1990 All-American Carol Ulrich and 1992 second team All-American Amy Thorne, lead a veteran squad that has added five newcomers. Among them is former U.S. national team member Anne Dixon.

Two surprise qualifiers to last year's NCAA championships, Stanford and California, were ranked 12th and 13th, respectively, in the pre-season

coaches' top 20. The Cardinal will be led by sophomore all-arounder Jeni Elise, while Cal will look to a pair of seniors, Cindy Tam and Mara Goyer, to lead the Golden Bears back to the national championships.

Skye Miller of Washington (#15) and Celeste Della of Cal State Fullerton, two of 12 individual all-arounders to qualify for last season's NCAA championships, will also be seeking national titles this season.

## NORTHEAST REGION

Inheriting a Penn State (#7) squad that finished fourth in the nation last year is new head coach Steve Shepard, who served as assistant for the Lady Lions the previous three seasons. Penn State's top all-arounder is senior All-American Alison Barber She will be joined by junior April Polito, who earned 1990 All-American honors in the vault,

### NACGC/W PRESEASON TOP 20

1. Utah	11. Cal-State
2. Georgia	12. Nebraska
3. Alabama	13. Washington
4. Oregon State	14. LSU
5. Arizona State	15. Michigan
6. Arizona	16. Boise State
7. Florida	17. Utah State
8. Penn State	18. Kentucky
9. Auburn	19. Stanford
10. UCLA	20. Ohio State

Based on scores recorded by 2/9/93

1993 N C A A

# MEN'S PREVIEW

By Peter Ebskar, Nebraska Sports Information

The University of New Mexico campus in Albuquerque will be the site of the 1993 NCAA Men's Gymnastics Championships, April 15-17.

Stanford is looking for a repeat performance from 1992 when it captured the NCAA title in Lincoln, Neb., with the best Nebraska squad finishing second.

The top resumee for the Stanford Cardinal is Juan Lynch, a member of the 1992 United States Olympic Team. At the 1992 NCAA Championships in Lincoln, Lynch was the individual champion on the high bar with a score of 9.90. Lynch also placed fourth on pommel horse, fifth in the floor exercise and ninth on parallel bars.

The Cornhuskers are looking for their eighth national title, and Nebraska Coach Francis Allen believes 1993's edition at Nebraska is the most talented club he has had in his 24 years in Lincoln.

Nebraska returns five All-Americans from the 1991-1992 season. Dennis Harrison earned bonus first season in the all-around and horizontal bar. Cle Bowes was national champion on the pommel horse and an All-American on the horizontal bar. Summer Darling and Josh Saenger earned homes on the parallel bars and Rick Kuefer was an All-American on the horizontal bar.

"This is the best group I have had here. It has to be," Allen said. "With everybody returning, plus the addition of a top freshman in Jason Christie, I believe we are the team to beat."

Allison's lofty prediction could be well challenged from within the Big Eight. The west regional host, Oklahoma Sooners, won the national championship in 1991 and return a key piece from that squad for 1993.

**Nebraska's, Summer Darling, scored top honors on parallel bars during the 1992 NCAA season.**

Junior Ric Sweeney returns after setting out the 1991-92 season due to an injury. At the NCAA's in 1991, Sweeney earned a score of 9.75 on the still rings, and finished second in the all-around at the Big Eight Championships.

Also bolstering the Sooner's success Marcus Jordan, The Tulsa, Okla., native finished 11th in the all-around at the 1991 NCAA Championships and 17th in 1992.

A couple of Big Ten schools will be near the top of the east regionals to be held in Champaign, Ill. Ohio State is led by Jim Kaapp, a 1992 All-American on the parallel and horizontal bars, as well as finishing third in the high bar at the 1992 NCAA's and winning the Big 10 Championships in the all-around. David Alexander is another key to the Buckeye's success. The Academic All-American placed third on the still rings at the Big Ten Championships last year. In 1991, Alexander was Big 10 champion on the rings, while at Wisconsin.

Kip Sensors, the 1991 Big 10 Freshman of the Year, gives added support to Ohio State. Sensors placed 11th in the all-around last year in Lincoln and won the 1992 Windy City Invitational, where Ohio State won the team title.

Meanwhile, fellow Big Ten school, Minnesota, is shooting for its fourth straight Big 10 Championships title in 1993. The Golden Gophers finished fourth at the NCAA Championships last year behind the third-place Buckeyes.

John Roethlisberger, a member of the 1992 United States Olympic Team, headlines the Gophers attack. The senior from Alton, Minn., won his second consecutive NCAA all-around title in 1992. In 1992 he was a five-time All-American, earning





**Stanford's, Asir Lynch, was a member of the 1992 Olympic Team and hopes to add another championship title to his credentials.**

honors in the all-around, floor exercise, still rings, vault and parallel bars. In addition, Roehlberger is the 1992 U.S. National Champion. Fellow senior Rob Hanson received All-American status last season on the still rings, and sophomore Brad Yon could be a potent weapon for the Gophers after finishing third on the pommel horse at last season's NCAA Championships.

Chaney Umphrey will be back in action for the UCLA Bruins after redshirting last year due to a stress fracture in his foot. Coach Art Shurlock said, "Umphrey is rebounding very well from just missing the Olympic Team last July and will be a

top contender this year." 1992 Argentina Olympian Isurzondo Ibarra, Reid Hayashi, Mike Demacci and two freshmen, Steve McCann and Jim Foody, form a talented group of athletes for the Bruins. "If we can put it all together we'll have a chance to challenge for the top spots," said Shurlock.

Fred Tureff's team at Temple lost Bill Roth and 1992 Olympian Donbrack Marucco to graduation, but gained freshman Danny Alakman, who has competed in two World Championships for Israel. Temple also has two returning seniors, Eban Gatelyman and Jim Vandiver.

## NACG/M PRESEASON TOP 20

- |                   |                   |
|-------------------|-------------------|
| 1. Nebraska       | 11. New Mexico    |
| 2. Ohio State     | 12. Berkeley      |
| 3. BYU            | 13. Arizona State |
| 4. Minnesota      | 14. Michigan      |
| 5. Syracuse       | 15. Stanford      |
| 6. Michigan State | 16. UCLA          |
| 7. Illinois       | 17. Air Force     |
| 8. Oklahoma       | 18. Kent State    |
| 9. Iowa           | 19. Army          |
| 10. Penn State    | 20. Temple        |

Source: www.nacg.org/reports/1993/1993\_top20.htm



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Kir Zmeskal was three consecutive U.S. Championship titles, two McDonald's American Cup titles and was a major contributor to the U.S.'s bronze medal in the team competition at the 1992 Olympic Games.

PHOTO BY JEFFREY L. HARRIS

If you would like to read Kir Zmeskal's question, write to ZMESKAL Gymnastics, P.O. Box 1444, Englewood, CO 80150.

Dear Kiran,  
What was it like to compete at the Olympic Games? Were you nervous about competing in the Olympics?

Jayne Kuhn  
Ann Arbor, MI

**DEAR JAINE,**

Competing in the Olympics was a terrific experience! To be a part of the largest multi-discipline team makes me feel very honored! It was hard not to be somewhat nervous for this competition. I had dreamed of being an Olympian for so long and wanted to make the most out of being there.

Dear Kiran,  
Do you have to eat special foods everyday or just the day before the meet?

Lindsay Lundquist  
Bowling Green, OH

**DEAR LINDSAY,**

Throughout the year it is important to keep your body in its best working condition so I always try to eat foods that are low in fat and calories. Also, foods high in carbohydrates help in keeping my energy level up.

Dear Kiran,  
I'm eleven years old and a Level 6 at Vicerville Gymnastics. I have a hard time breaking in grips. Do you have any recommendations?

Kellie Sharp  
Vicerville, CA

**DEAR KELLIE,**

I found that it is easier to break in grips one at a time. In fact, at the Olympics I wore one "old" grip and one "new" grip. I also recommend just switching with your grips before trying any skills.

Dear Kiran,  
In your opinion should we move on the direction of more complex routines or stick to the more narrow focused routines done crisply and with exactness? Why?

John Farnors  
Kansas City, MO

**DEAR JOHN,**

Routines with a high level of difficulty are necessary in order for gymnastics to progress. Such routines are very impressive, but it is important that these more complex skills be performed with precision. In my opinion, gymnastics should travel down the path towards greater difficulty while retaining its exactness.

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# Fighting the Battle of the Bulging Baked Potato

## Solving the Mystery of the Corpulent Chocolate Chip Cookie

Every athlete competing at the world championship and Olympic level knows he or she must eat carbohydrates in order to produce energy and replace glycogen stores. Athletes also realize that in order to lose extra pounds, they have to cut back on the calories. On the other hand, they need to increase caloric consumption if they want to gain weight.

During the past few years the public has become aware that eating too much fat not only contributes to obesity, but also constitutes a major risk factor in heart disease and certain cancers. The American Heart Association, for example, advises us to eat no more than 30 percent of our calories in fat.

Why, then, are so many Americans still overweight? Why do so many athletes deprive themselves of the fuel they need to perform at their optimum levels?

Sometimes appropriate foods are simply not available at the right time. Another reason is taste-fat sources like butter or sour cream add flavor to food. However, most often, the composition of food eludes us. What we perceive as high carbohydrate may actually be high in fat.

Take a look at some examples from the accompanying chart. A cup of boiled potatoes contains 31.2 grams of carbohydrates and only a trace of fat at 134 calories. A large baked potato provides 20 more grams of carbohydrate, but a packet of sour cream adds 6.1 grams of fat, bringing total calories to 270. A cup of french fries slims down to 180 calories but the fat content is 9.4 grams.

Here's some news for you cookie cravers: although a homemade chocolate chip cookie contains only nine more calories than a Fig Newton, it delivers 4.6 grams of fat, while a Fig Newton has only one. That means you could eat nearly five Fig Newtons before you would eat as much fat contained in a single homemade chocolate chip cookie. Now, let's untangle the truth about pasta. If you eat a cup of spaghetti with marinara sauce on top, you'll be eating 266 calories, 50 grams of carbohydrate and only 3.6 grams of fat. But notice what happens when you pile on meatballs; the carbohydrates drop to 38.7 grams, while the calories increase to 332 and the fat content nearly triples to 11.4 grams. A cup of fettuccini alfredo racks up even higher numbers with 403 calories and 24.8 grams of fat.

Sorting out the composition of food can be confusing. The examples in the chart compare similar foods to clarify the misconceptions that all

pasta dishes are high-carb, all salads are low-carb, all potatoes are low-fat, and all cookies are high-carb. Another common misconception is if you're trying to lose weight, juice is ok, but soft drinks aren't.

Spaghetti/Marinara Sauce (1 cup)	Spaghetti w/Meatballs (1 cup)	Fettuccini Alfredo (1 cup)
Calories: 266 CHO (gm): 50.0 Fat (gm): 3.6 (12%)	Calories: 332 CHO (gm): 38.7 Fat (gm): 11.4 (33%)	Calories: 403 CHO (gm): 50.8 Fat (gm): 24.8 (58%)
Potatoes, Boiled (1 cup)	Baked Potato without Cream (1 each + packet cream)	French Fries (1 cup)
Calories: 134 CHO (gm): 31.2 Fat (gm): 0.2 (1%)	Calories: 279 CHO (gm): 51.6 Fat (gm): 6.1 (22%)	Calories: 186 CHO (gm): 22.5 Fat (gm): 9.4 (47%)
Fig Newton Cookie (1 each)	Oreo Cookie (1 each)	Chocolate Chip Cookies (1 each)
Calories: 60 CHO (gm): 11.0 Fat (gm): 0.0 (13%)	Calories: 50 CHO (gm): 7.2 Fat (gm): 2.2 (42%)	Calories: 69 CHO (gm): 12.8 Fat (gm): 4.6 (60%)
Hamburger (3 oz. patty + bun)	Double Hamburger (6 oz. patty + bun)	Double Cheeseburger (6 oz. patty + bun)
Calories: 376 CHO (gm): 22.4 Fat (gm): 19.6 (48%)	Calories: 488 CHO (gm): 29.4 Fat (gm): 26.7 (53%)	Calories: 712 CHO (gm): 32.9 Fat (gm): 44.6 (51%)
Orange (1 each)	Orange Juice (1 cup)	Orange Soda (4 oz.)
Calories: 52 CHO (gm): 15.4 Fat (gm): 0.2 (3%)	Calories: 51 CHO (gm): 13.6 Fat (gm): 0.1 (1%)	Calories: 57 CHO (gm): 14.6 Fat (gm): 0.0 (0%)
Grapes (1/2 cup)	Grape Juice (1/2 cup)	Grape Soda (1/2 cup)
Calories: 57 CHO (gm): 14.2 Fat (gm): 0.6 (8%)	Calories: 77 CHO (gm): 15.9 Fat (gm): 0.1 (1%)	Calories: 53 CHO (gm): 13.8 Fat (gm): 0.0 (0%)
Bananas (1 each)	Banana Nut Bread (1 slice)	Banana Cream Pie (1 slice)
Calories: 109 CHO (gm): 27.8 Fat (gm): 0.5 (4%)	Calories: 201 CHO (gm): 29.8 Fat (gm): 6.3 (31%)	Calories: 314 CHO (gm): 45.6 Fat (gm): 12.7 (26%)
Raisin Bran (1 each)	Bagel w/Cream Cheese (1 each + packet cheese)	Doughnut (1 each)
Calories: 151 CHO (gm): 39.5 Fat (gm): 1.5 (8%)	Calories: 260 CHO (gm): 31.3 Fat (gm): 11.4 (30%)	Calories: 384 CHO (gm): 26.4 Fat (gm): 7.9 (20%)
Cheese Thin Pizza (1 slice)	Pepperoni Thin Crust Pizza (1 slice)	Supreme Pan Pizza (1 slice)
Calories: 189 CHO (gm): 18.5 Fat (gm): 6.5 (36%)	Calories: 207 CHO (gm): 19.0 Fat (gm): 10.0 (42%)	Calories: 295 CHO (gm): 27 Fat (gm): 15.0 (46%)

If you have specific questions about food content, direct them to Judy Nelson, Nutrition Coordinator, U.S. Olympic Plaza, Colorado Springs, CO 80909.

# EDUCATIONAL MATERIALS PUBLICATIONS

## Coaching

*Coaching Young Athletes* (1986, Marquis, paper, \$20.00) • This book introduces coaches to the basics of coaching children's sports psychology, involving specific skills, sport physiology, and mental skills and parent/child issues presented.

950-0200

*PDF Level A Class Workbook* (1986, USA Gymnastics) • Participant II workbook for use by class administrators for PDF Level I coach accreditation.

950-0200

*PDF Level I Trainer Resource* (USA Gymnastics) • For Level I coach accreditation. Includes: Part One: Basic concepts; Part Two: Basic skills; Part Three: Basic training.

950-0200

*Reserve Gymnast* (1982) • The Individual & Gender Workbook (1987, pdf) • Used in conjunction with USA Gymnastics PDF Level I Coach Accreditation, this book is designed specifically for the gymnastics teacher to provide basic gymnastics skill programs.

950-0200

*Active Coaches' Competition Guide* (1986, USA Gymnastics, paper, 110 pp.) • A guide for coaches to help them compete in the national competition. This book includes specific rules for the competition, guidelines, and sample meets.

950-0200

## Competitive Men

*Basic Skills Achievement Book* (1988, USA Gymnastics, paper, 110 pp.) • A basic program for beginning men to learn the basic skills. Provides the student-coach participation in the PDF program.

950-0200

*FIG Code of Points* (1982-83 FIG) • Points • The official international competition guideline book with skills difficulty ratings.

950-0200

*Junior Olympic Program* (1982-83, USA Gymnastics, Tracing booklet, 110 pp.) • A guide for coaches to help them compete in the national competition. This booklet includes specific rules for the competition, guidelines, and sample meets.

950-0200

*Olympic Development Program* (ODP) (1988, USA Gymnastics, paper, 44 pp.) • A guide for coaches to help them compete in the national competition. This booklet includes specific rules for the competition and guides on the tracks.

950-0200

## Competitive Rhythmic

*FIG Code of Points* (1982-83 FIG) • Tracing booklet • The official international competitive guideline book with skills difficulty ratings.

950-0200

## Competitive Women

*Competitive Women's Tracing Book* (1982-83 FIG) • USA Gymnastics, 3-ring binder, 200 pp. • A guide for coaches to help them compete in the national competition. This booklet includes specific rules for the competition, guidelines, and sample meets.

950-0200

*Competitive Women's Olympic Competitive Program*, Levels I-IV (1988, USA Gymnastics, paper, 110 pp.) • A guide for coaches to help them compete in the national competition. This booklet includes specific rules for the competition, guidelines, and sample meets.

950-0200

*FIG Code of Points* (1982-83 FIG, FIG, IAC, 100 pp.) • The official international competitive guideline book with skills difficulty ratings.

950-0200

## Competitive Programs

*Women's Competitive Gymnastics Competitive Program* (1986, USA Gymnastics, paper, 110 pp.) • This selected directory groups women's competitive gymnastics into six areas:

950-0200

*Developmental Gymnastics* (1986, USA Gymnastics, paper, 110 pp.) • Gymnastics for movement education programs for preschoolers ages 3-5.

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*Women's All Around and Adaptive Gymnastics* (1986, USA Gymnastics, paper, 110 pp.) • Provides children with unique and adaptive to abilities that enables them to move in a safe, fun, and challenging, developing and encouraging environment.

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*Adaptive Gymnastics* (1986, USA Gymnastics, paper, 110 pp.) • Provides children with unique and adaptive to abilities that enables them to move in a safe, fun, and challenging, developing and encouraging environment.

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*Gymnastics for You* (1986, USA Gymnastics, paper, 110 pp.) • Contains all level rated poses and poses for higher elementary through high level teachers, including descriptions, game tips, etc., suggested modifications, recommended and safety tips.

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*Great Games for You* (1986, USA Gymnastics, paper, 110 pp.) • Contains all level rated poses and poses for higher elementary through high level teachers, including descriptions, game tips, etc., suggested modifications, recommended and safety tips.

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*Coaching Young Athletes* (1986, USA Gymnastics, paper, 110 pp.) • Provides children with unique and adaptive to abilities that enables them to move in a safe, fun, and challenging, developing and encouraging environment.

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*I Can Do Gymnastics* (1986, Ginn and Company, paper, 110 pp.) • A book for children ages 3-6 that introduces them to the basics of gymnastics.

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*Gymnastics* (1986, Ginn and Company, paper, 110 pp.) • A guide for coaches to help them compete in the national competition.

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# NCAA MEN'S GYMNASTICS

## DREAM TEAM

### WHERE IT IS AND HOW WE CAN HELP IT.

Report by Fred Tureff

Currently there are 90 programs in the NCAA system—25 division I, one division II and four division III. NCAA rules state that for a sport to have us championship automatically sponsored, 75% of the total active membership must sponsor the sport. The current "magic number" is 60, and we fall well below that number. However, another rule states that should a championship not lose money, it will continue to be sponsored regardless of the number of sponsoring institutions.

This was the case for men's gymnastics until the 1991 championships. Up until that year, we had received, as part of our main income, TV rights fees (\$85,000 each year for the last few years we received it). This ended once the seven-year NCAA-CBS men's basketball contract for 1981-82 was signed and the \$1 billion

Over the past year I have heard many rumors regarding the health of the NCAA men's gymnastics program, so this article will describe the current state of the program (as of December, 1992) and offer some suggestions how the gymnastics community can help it to continue.

PHOTO COURTESY: RONALD HORNUNG



income was assigned to many areas as a result of committee study and NCAA membership input—no sport now receives TV rights fees.

The meet expenses include per diem for each participant, a figure which is dictated by NCAA policy, and transportation for each participant (arranged through the NCAA-designated travel agency). Another outcome of the basic fault contract was that all per diem payments for

sports such as ours were raised from \$40 per day to \$80 per day. So our per diem costs doubled.

With the loss of TV revenue and the increase in the per diem, our championships have lost money for the past two years. In an attempt to reduce costs, for 1992 on, the NCAA Men's Gymnastics Committee has reduced the number of participants and reduced the length of the championships. We anticipated

the ability to reduce per diem and travel costs, but were denied that ability.

There is currently a moratorium against dropping any championship (1992-93-94) while all championships are being scrutinized and evaluated by the NCAA Championships Committee. However, any championship that loses money during these three years will have that held against it once the moratorium ends. One piece of

legislation to be voted upon at the January, 1993 NCAA convention extends the moratorium to 1995. Other proposals to be considered at the NCAA convention may help us as well, but either than rely on them passing, we want to make money on our championships and survive under current rules. The USOC has indicated interest in supporting training centers at collegiate sites for Olympic sports, but again, we can't wait for this to happen.

What can the gymnastics community do to help the NCAA men's program? The financial success of our championships is the key to retaining it under current NCAA rules. Large ticket sales can make this happen. Here are several ways that the gymnastics community can help our NCAA Championships to succeed:

**THE KIDS**  
*Each USGF member club buys an all-session child ticket. If no members can't afford to do this, the next director to provide the ticket is a local charity, school or club.*

Our 1990 championships will be held April 16 and 17 at the University of New Mexico in Albuquerque. The meet director is Tim Laupape, and the host coach is Rusty Mitchell. Orders should be sent to

NCAA Men's Gymnastics Championships  
University of New Mexico  
Ticket Office  
Athletic Building South  
Campus  
Albuquerque, NM 87130

All session ticket costs (addition to these sessions) are

child	\$12.00
(2nd and under)	
adult	\$20.00

**THE KIDS**  
*Each USGF member club buys an all-session child ticket. If no members can't afford to do this, the next director to provide the ticket is a local charity, school or club.*

**THE KIDS**  
*The USGF men's program has already considered funds for privatized activities, including ticket giveaways connected with radio/TV announcements, a judo/teaching featuring 1984 Olympics, and an overall for the local club calling the most ticket. Other USGF-operated activities could be set up to buy one child ticket for each adult ticket bought. This can be accomplished by giving a coupon to each adult-and-child package purchaser that can be redeemed from the USGF; it is to relate a portion of an all-session ticket cost to each USGF-registered gymnasium who purchases one.*

If the gymnastics community acts on these suggestions we will have full houses with many children being exposed to gymnastics at the highest collegiate level. How many of these children might want to get involved with gymnastics? Isn't this an easy way to support the collegiate program which provides further training and education for the young students currently in our U.S. public and private programs? Now is the time to get involved.

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- |                       |                          |
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| - Brevet sautant      | - Sauts en échelle       |
| - Parallel            | - Sauts au trampoline    |
| - Barres horizontales | - Spécialement "FIG" sur |
| - Amazzone            | - Trampolin              |



FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

PARIS, FRANCE

Le Président

Le Secrétaire général

Paris, le 10 novembre 1990

### WE CHALLENGE YOU TO CONSIDER THESE FACTS:

▼ Numerous equipment manufacturers can produce mats or apparatus to meet FIG dimensions. However, ▼ only a few equipment manufacturers have generated the trust and confidence with the marketplace to have their mats or apparatus used in FIG, USGF or NCAA sanctioned events. But, ▼ only ONE Western Hemisphere manufacturer AAI American has had their mats and apparatus tested and certified by the FIG Testing Laboratory in Freiburg, Germany. These norms and standards were published in the 1989 edition of the FIG APPARATUS NORMS.

The next time you are specifying and purchasing gymnastic mats and apparatus, check out facts. Buy with confidence. Buy from a manufacturer whose mats and apparatus have been engineered and tested to meet the certification and specifications of the (largest) customer in gymnastics, the FIG Testing Laboratory. Buy from a manufacturer who has the FIG certification Diploma to support these statements. Buy AAI American.



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# Driving Miss Stacey

by L. W. Smith

At last, medical experts have proved what every gymnastics parent has long suspected: the most important role parents play when it comes to their children's physical fitness is that of chauffeur.

A study just published in the American Journal of Diseases of Children looked at several ways parents might promote fitness in their children: by encouraging them to play, by playing with them and by serving as good role models. But the one factor that stood out as most significant was the parents' willingness to provide transportation to and from sports activities.

"The single point is that encouragement and role modeling, while important, just aren't enough," says James Sallis, Ph.D., a public health psychologist at San Diego State University and lead author of the study.

The research included 297 fourth-graders and their parents from Poverty, Calif. "It's a very suburban community," says Sallis, "but like many places, the yards are microscopic. If the kids are going to be active, they've got to go somewhere else. And in most cases, their parents are going to have to take them."

"Kids today are really quite constrained in what they're able to do," Sallis continues. "We tell them, 'don't play in the street, don't go to the park by yourself, don't go outside when you're home alone.' And all of these restrictions, which are motivated by our desire to protect children, have the effect of limiting the children's opportunities to be active."

"In a modern society, there are so many barriers to children's physical fitness," Sallis adds. "Parents need to take specific steps to overcome those obstacles"—steps like driving in the gym car pool.

Remember this the next time you're wiping chalk dust off the car upholstery.

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10	Rankok Int'l Grand Prix (W/M/W)
18-21	International Masters Tournament (W/M)
25-29	American Classic Nationals (W)
25-Apr 2	ISU & Japan Int'l Competition (W/M/W)
26-28	International Cup (W/M/W)
26-29	Y. Tournament of France (W/M)

Ottawa, RI  
Atlanta, GA  
Cordova, TN  
Norway, ST  
Honolulu, HI  
Pine, FL

## APRIL

3	IGA Regional (W)
3	IGA Regional (W)
8-10	USA Gymnastics Collegiate Championships (W/M)
12	USA Gymnastics Int'l Invitational Tournament (W)
13-18	IND APPA World Championships (W/M)
15-17	IGA National Championships (W)
16-17	IGA National Championships (W)
17-18	J.O. Level 9-10 Regional Meet (W)

Norfolk, VA  
Norfolk, VA  
Springfield, MA  
Cape Cod, MA  
Birmingham, AL  
Corvallis, OR  
Albuquerque, NM  
Various Sites

## MAY

1	World University Games Trials (W)
4-9	J.O. Nationals (W)
7-9	J.O. Nationals - Level 9 (W)
13-16	J.O. Nationals - Level 10 (W)
21-24	State Team Training Camp (M)
25-31	J.O. Nationals (W)
31	* Pro-AM Invitational (W/V)
31	* Pro-Am Exhibition (W/V)

Salt Lake City, UT  
Ann Arbor, MI  
\* Colorado Springs, CO  
Bellevue, MD  
Colorado Springs, CO  
Colorado Springs, CO  
\* Rose, WY  
TBA

## JUNE

4-6	USA Regionals Championships (W)
4-6	IGA Symposium (W)
12-13	World University Games Trials (W)
12-13	Age Group Development Team Camp (W)
13-Ju 13	WUG Team Prep Camp (W)
18-Ju 23	* Senior National Team Camp (W)
24-27	Region 9th Meet (W)
30-Ju 1	NAEJI National Symposium (W)

Colorado Springs, CO  
Las Vegas, NV  
Colorado Springs, CO  
Colorado Springs, CO  
Colorado Springs, CO  
Colorado Springs, CO  
Various Sites  
Orlando, FL

## JULY

8-19	World University Games (W/M)
13-18	Region 9th Meet (W)
25-26	Jr. Gym 1 & 2 Development (W)
23-Aug 1	U.S. Olympic Festival (W/M/W)
29-Aug 4	* Regional Development Camp (W)
TBA	Elite Judges Course (W)

Buffalo, NY (W)  
Various Sites  
Colorado Springs, CO  
San Antonio, TX  
Colorado Springs, CO  
TBA

## AUGUST

5-10	Jr. National Team Camp (W)
5-10	USA Classic Nationals (W)
15-18	Overend's (W/M/W)
15-18	Triangle Meet (W/L/S/B/L) (W)

Colorado Springs, CO  
Austin, TX  
Salt Lake City, UT  
\* TBA

(Some & Events Subject to Change or Cancellation \* - Invitational  
Scheduler of Special Events - Mike Jusczyk



## **COMPULSORIES**

J.D. Beene, training with Ron Brant at the Olympic Training Center (OTC), led the competition after six compulsory events with 55.15. Beene started on pommel horse in 12th place and with his performance on still rings, jumped to the fourth position. Climbing steadily through vault (8.60) parallel bars (8.85) and high bar (9.20), Beene claimed the number one position after floor exercise (8.85).

Finishing the compulsory portion of competition in the lead, 16-year-old Reine said, "This meet determines my whole year; everything depends on how I do here."

After training at the CTC in Colorado Springs for a year and a half, Steve credits Bresser for his consistency and overall improvement. "I really like Bresser's coaching and it has helped my confidence level," said Bresser.

By Jason Matheny

In front of a crowd of 3,000 gymnastics fans, the 1993 Winter Cup Challenge, held at the U.S. Air Force Academy in Colorado Springs, Colo., on February 6-7, served as a qualifier for the USGF National Teams and to several important competitions in this year's competitive season. The event included junior and senior elite compulsory and optional exercises.

A new twist was added to this year's Championships—judged-only racing. World Championships squad, the Olympic Team '82 recipients. The reason for was due to the fact that the '82 Olympic trials to trials the new computers and, awards and Olympic Festival camp critic made sense to select the athletes who

Winter Cup which selected the 16 participants and seed-only ranking set her much more "World Champion" only, it may agree.

# 1993

# WINTER CUP

Winter Cup

**Gregg Cartis**, pictured here at the 1993 U.S. Championships, dominated the compulsory/opinion all-around competition, earning him the Championships title.

Good compulsory showings from Bill Miskolczi (OTC) with a score-total of 88.66, Kip Simons (Ohio State) with 82.90, and Gregg Curtis (OTC) with 82.56 showed that the new compulsories are becoming a sizable part of men's competition for the next four years.

Olympians Scott Kewick (UCLA), Jim Lynch (Stanford), John Rothlisberger (Minnesota), Lance Ringgold (Gold Cup), Chris Waller (UCLA) and National Team member Chauncey Umphrey (UCLA) did not compete compulsory exercises but took part in optional competition in an effort to make the 1993 World Championships Team. These athletes are expected to petition onto the Senior National Team.

Brian Harrison, pictured here at the 1992 U.S. Championships, took third place with 104.89 in the compulsory/optional all-around competition.

## OPTIONALS ONLY

With the optional portion of the competition came the familiar faces of the 1992 Olympic Team who stepped up to the challenge of competing optionals only under the rules of the new Code of Points. Kewick dominated with 88.66, followed by Rothlisberger (84.88), Waller (84.83), and Ringgold (83.65). Umphrey followed in fifth place with 83.55 and Gregg Curtis, who competed both compulsories and optionals, trailed Umphrey by .25.

Kewick, Rothlisberger, and Waller won the top three spots in options only which placed them onto the 1993 World Championships Team to compete in Birmingham, Great Britain, April 13-18, for the all-around and individual event titles. Due to scheduling conflicts with NCAA Championships, Rothlisberger is expected to decline his position on the World Championships Team.

J.B. Rivas, pictured here at the 1992 U.S. Championships, claimed the number one position in the compulsory competition.

Next in line to replace Rothlisberger is veteran Ringgold who has been a member of two Olympic Teams (1988, 1992) and two World Championships Teams (1988, 1991). "Since the Olympics, I have been training because I enjoy it and get a lot out of it, but I came to Winter Cup to have fun with gymnastics," said Ringgold. "You never know what's going to happen."

Olympic teammate Kewick was impressed with the level of difficulty shown in some routines. "A lot of the guys did increase the skills in all routines to meet the new changes in the FIG code, which is good for gymnastics," said Kewick. When asked if this appointment to the World Championships team would help him decide whether to compete indefinitely, Kewick said, "I have not actually sat down to soul search and decide whether to keep training and competing after I graduate from UCLA or whether to start my career. The 1992 Olympics were a far-off goal for so long for me, that since I came back from Barcelona it has been difficult to set new goals, but making the World's team is a good motivator!"

The top 12 athletes in the optional-only ranking will receive Team '96 Support Money totaling \$111,000.

## COMBINED ALL-AROUND

Using the 50 percent compulsory and 50 percent optionals combined score, the all-around ranking was swept by the Olympic Training Center athletes, with three of four athletes in the top four. Last year's 10th place Winter Cup finisher, Curtis, demonstrated the all-around with a solid 105.80 leading the competition through the last three rotations. Compulsory leader Rivas followed with 104.96, Dennis Harrison (Nebraska) took third with 104.90, and Kyle Astor ended the competition in fourth with 104.78, lacking .05 to medal with training partners Curtis and Rivas.

The competition was a bittersweet one for Curtis, who had been told he needed to make the top six to stay in the UTC program. "I just wanted to go out and do my best," Curtis said. "I realized a lot was at stake."

"He lacked the confidence to compete with the world-class guys," said coach Bear. "We basically had to sit over, which is pretty frustrating for a guy in his 20s. This is a major stepping stone for him."

The top 14 ranked gymnasts in the compulsory/optional ranking from the Senior National Team/National team membership create the opportunity to travel and compete in national and international competitions throughout the year.

Scott Foster (Ohio State), Tom Meadows (Oklahoma), Charlie Kowalski (Illinois), and Ricky Kiefer (Nebraska) qualified to the Senior Elite Development Team as the next four ranked athletes under age 21.

# 1993 WINTER

## SENIOR NATIONAL TEAM

Gregg Curtis	OIC	105.80
J. D. Rive	OIC	104.95
Dennis Harrison	Nebraska	104.80
Kyle Astor	OIC	104.75
Mike Massel	Penn State	103.85
Richard Gross	Nebraska	103.30
Gerry Denk	Iowa	102.50
Jean Christia	Nebraska	102.25
Drew Dorris	Columbus	101.80
Bill McMillan	OIC	101.40
Robbie Kieffer	Capital	101.10
Steve McCain	UCLA	100.60
Mikel Rajc	Gold Cup	100.30
Ben Brown	Iowa	99.20

## SENIOR OPTIONAL ALL-AROUND RESULTS

Scott Karwak	UCLA	93.40
John Roethlisberger	Minnesota	93.95
Chris Walker	UCLA	93.80
Lance Rignold	Gold Cup	93.65
Chadley Shropshire	UCLA	93.55
Gregg Curtis	OIC	93.30
Kyle Astor	OIC	93.25
Mike Massel	Penn State	93.25
Jar Lynch	Stanford	93.20
Dennis Harrison	Nebraska	92.80
Drew Dorris	Columbus	92.45
Tom Meadows	Oklahoma	92.15

The optional all-around scores determined the World Championships squad, Olympic Festival participants and Team '96 funds.

## SENIOR ELITE DEVELOPMENT TEAM

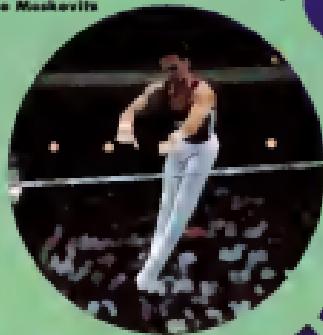
Scott Foster	Oklahoma	91.90
Tom Meadows	Oklahoma	90.80
Charlie Kowalski	Illinois	90.55
Ricky Kieffer	Nebraska	97.35

## JUNIOR ELITE TEAM

Klein Wilson	Columbus	99.25
Liz Davis	OIC	100.85
Jessie Ellen	Az. Hairs	100.50
Jenise Ellis	Gold Cup	98.50
Brent Kiser	International	97.90
Tony Pansy	Penn State	96.90
Jay Thornton	Iowa	96.25

# ORIGINALITY INVITATIONAL

By Dave Mackivit



Left: Jarred Hawks  
USA Gymnastics Photo  
L. Diane Black

Below: Paul O'Neill  
Photograph: Eileen Langley

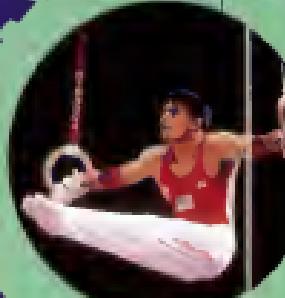
The second annual Originality Invitational was held Sunday, February 7, in the Sports Complex at the U.S. Olympic Training Center. Eleven gymnasts competed for cash prizes on each of the six events (\$350 awarded for each event, with the grand prize for "Best of Show" earning \$300). The intensity of the competition built as a group of 150 spectators packed the training gym and cheered on their favorite athlete.

The competition began on floor exercises where the gymnasts used their first several attempts at new and innovative skills to gauge their landings in the layout zone. Abby Kather, from Capital Gymnastics, won the event with a double twisting double back somersault in the layout position. Other attempts included Oklahoma's Jarred Hawks' triple back somersault, and Brett Klaus' triple back somersault. Klaus, from the International Gymnastics

Four manipulators took several attempts each before the pommel horse title was decided. In the end, Gold Cup's Mike Rago and ULTA's Matt McCullum tied

with very difficult combination sequences. McCullum set the pace with loop circles to kip up, Czech-kicks over the rear, pommel to Magoffin, and a final kip up. After several different attempts Rago successfully completed the following combination: Magoffin to back hands, 1/4 turn, kip-up, bar circle, 2 bar circles with both hands on the leather outside the pommels, Direct Stuchi between the pommels floored, 1/4 turn, bar to handstand with 1/4 turn. Hawks took several attempts of a kip to handstand sequence while Klaus tried seven skills on one pommel.

Paul O'Neill defended his still rings title with a strength combination: strength backward to L-cross, press to



inverted back-somersault to inverted cross, back uprise to Maltese, lower to cross. Several gymnasts attempted unique dismounts utilizing both Rovnick with a double twisting double layout, Adam Belenkoff's (Gold Cup) cross-arms, double dislocate to triple back, and Klaus' triple front.

Don Kasson (Arizona Sunray) claimed the vaulting title with a handsping onto the board, handspring front somersault. Gregg Curtis and Klaus both attempted a Kasson with 1/4 turn

On parallel bars, Jim Foody (UCLA) nearly completed a giant with 1/2 turn to inverted sit, body, while teammate McCullum put his effort into front toss, body, body, hop posture. Rago added flicks out to坐姿, cast double front to upper arms, back uprise shoulder out to L. But, Curtis' execution of body, body, double front dismount earned him the title.

High flying releases and dismounts rounded out the competition on horizontal bar.

Hawks began with a release sequence: Tkachov, Lenggen, Razo, Rauchi, and finished by attempting a triple back dismount piked.

Foody completed a double twisting double layout dismount. McCullum tried a similar to switched Tkachov and Rovnick put together a combination of Kasson, 1/3 turn over the bar, Gregor James Ellis, from Gold Cup, performed a release to dismount sequence Tkachov, Tkachov double twisting double back series, split kicked, but claimed the event prize by catching a Kipkor.

Don Kasson was "Best of Show" with his difficult and original vault. The unique and innovative skills performed demonstrate the originality for which American gymnasts have become world renowned.



Above, Brooke Bushnell pictured at the 1992 Olympic Trials.

## 1993 RHYTHMIC GYMNASTICS

Rhythmic Challenge

February 21, 1993

Colorado Springs, Colorado

### SENIOR ALL-AROUND

#	Name	Beys	Hegy	Bil	Ode	Blown	All-Around
1.	Brooke Bushnell	8.70	9.10	8.30	8.80	8.75	35.75
2.	Christie Best	8.70	9.00	8.10	8.70	8.75	35.50
3.	Jessie Davis	8.90	8.20	8.00	8.70	8.55	35.25
4.	Sally Ward	8.90	8.30	8.10	7.80	8.70	34.90
5.	Tamara Levinson	9.00	8.80	8.40	8.80	8.10	34.70
6.	Christi Tracy	8.40	8.70	8.00	8.80	8.20	34.30
7.	Nicole Hendrycks	8.80	8.30	7.40	8.80	8.30	33.40
8.	Heather Lovell		8.10	8.40	7.70	8.40	32.80
9.	Sondra Albert	7.30	7.60	8.70	8.40	7.80	32.50
10.	Connie Becker	7.30	8.10	7.70	7.80	8.20	31.90
11.	Mandy Jones	7.30	7.70	8.20	7.40	6.80	31.80
12.	Bethell Davidovich	7.40	7.80	8.00	7.70	7.40	30.90

Note: Lowest score dropped

### JUNIOR ALL-AROUND

#	Name	Beys	Hegy	Bil	Ode	Blown	All-Around
1.	Lori Prokofjeva	8.40	8.10	8.10	8.70	8.70	33.90
2.	Jennifer Jim	8.40	8.30	8.10	8.00	8.00	33.80
3.	Becky Thorp	8.50	7.20	8.40	7.50	7.50	31.60
4.	Chloe Davies	8.80	7.30	7.40	7.00	7.40	31.50



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# DAWESOME!

By Ashley Booth



AP/Wide World Photos

**S**he is called Awesomeness Dawson. A two-time national event champion and a member of the bronze medal U.S. Olympic Team in Barcelona, her dynamic floor routines have earned her a 10-0 and a standing ovation. Her name is Dominique Dawson.

Dawson's gymnastics story began when her parents selected her gymnastics lessons at age six and a half. She has continued since. "I liked the tumbling and jumping part of gymnastics more in the beginning, but now it's more dance and difficult tricks that I enjoy," she reveals.

The realization that gymnastics was something in which she could excel came when she made the Junior National Cheer championships (1992). "I was really proud of myself and so were my coaches, and they really pushed me to try harder and keep going further," said Dawson.

It's Dawson's "family, friends, and coaches" that continue to motivate her to

train every day. Despite the difficulties in training as an elite gymnast, "no one puts pressure on me," she said.

She was lucky to find a world-class coach, Kelli Hill, only 20 minutes from her home in Silver Spring, Maryland. She has trained with Hill from her first lesson.

"I knew when she walked in the door that she was talented," said Hill. "She caught on quick, was strong and never quit trying."

Dawson considers her gymnastics style "dynamic," and few would disagree. Although floor is the event in which she is

most famous, she said she doesn't have a favorite or least favorite event.

In spite of dropping an hour from her training schedule since the Olympics, she has added new difficulty to her tumbling and changed her beam and bars routines.

"I have a new bar routine and a new beam routine with different classes, but pretty much the same skills. I'm also working harder tumbling and a little bit harder beam and beam."

After the Olympic Games, Dawson had a case of overhanging for five weeks due to tendonitis. "She never trained a day in the gym to condition," said Hill.

"I'm pretty much pain-free at this point, and I'm trying to get harder skills and better routines," said Dawson.

Although she believes she is working at only 75 percent of her potential, Dawson hasn't set any long-term goals yet. "I just

depends on how I do this year. My immediate goal is to do well at the McDonald's American Cup and the International Mixed Pairs and to qualify for the World Championships in April," she said, adding that she hasn't even thought about the 1996 Olympics in Atlanta.

Davies now spends about 25 hours every week in the gym, training to learn new skills and tricks. A normal weekday starts at 4:30 a.m. She works out at the gym from 6 a.m. to 8 a.m., goes to high school from 8:30 a.m. to 2:30 p.m., and then goes back to the gym from 3 p.m. to 7 p.m.

Weekends are different: "I work out on Saturdays from 1 p.m. to 6 p.m.", she said. "On Sundays I go to church in the morning, and the rest of the day I spend with my family at home, or with my friends."

What is her secret for getting over the fear of a new move? Many times and spotting from her coach. She completely overcomes any fear of a move when she can complete the skill on her own.

She admits to having trouble mentally with pressure during a competition, but says she's used to it now. "I just think confidently. I don't try to think that I shouldn't be nervous, because I'm always nervous."

This attitude obviously helped her at the Olympics. "We kind of left pressure but there was more pressure at the Olympic trials." She said that making the Olympic team has been her biggest moment so far in gymnastics.

Davies thinks her teammates at Barcelona were all nice, even though, "We all didn't know each other too well at first but we got to know each other a lot better by the end of the games."

With Hill's Gymnastics 30 minutes from home, Davies stayed overnight with Hill many times when she was younger. Now she lives at home with her dad, Dan, who owns his own business, her mom, Lorrie, who works as a secretary, her 10-year-old brother, Dan, and her older sister, Danielle, who's 20.

Outside the gym Davies lives the active life of a normal 16-year-old. Her musical tastes go towards country and blues and "a little bit of rap." She loves Stephen King novels and any kind of horror book.

"I like to watch television, yeah, a lot. I really like comedy shows on TV like *Martha and stuff* like that. I like watching horror movies, too."

One of her favorite pastimes is jumping on her family's trampoline. She also likes working out in a weight room, as well as going swimming with her friends or getting together with them at the gym. She collects dolls and pins, and says she really likes to cook.

Davies has something guaranteed to generate envy in her competitors—an

easy time keeping her four feet nine and a half inch body at 82 pounds. She loves pizza and eats it wherever she wants. However, Coach Hill is quick to point out that Dominique is an extremely nutritious eater. "The reason she maintains her weight so well," says Hill, "is because she eats correctly and loves to do strength exercises and weight train in her free time. Asked if she's ever been known to break a candy bar, Davies gives an easy "no."

As an eleventh grader at Cartersburg High School, she likes her math and science courses best, although she gets her highest grades in Spanish and History. Homework generally isn't a problem. "I usually have time to do it at night, or I do it at lunch at school."

Although she has not decided on a college yet, she plans to major in either medicine, law, or engineering. She wants to compete in college on a gymnastics scholarship.

Davies has naturally done a lot of traveling and said that the opportunity to travel, along with "feeling my muscles every day," is one of the reasons she likes gymnastics so much.

Davies' focus now is on April's World Gymnastics Championships in Birmingham, England. Regardless of the outcome, however, she plans to stay involved in gymnastics, perhaps eventually commentating or judging. It looks like it will be a long time before Davies leaves around for a long time to come.

**"I KNEW WHEN SHE WALKED IN THE DOOR THAT SHE WAS TALENTED. SHE CAUGHT ON QUICK, WAS STRONG AND NEVER QUIT TRYING."**

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August 22-28



George Hartshorne

(continued from page 20)

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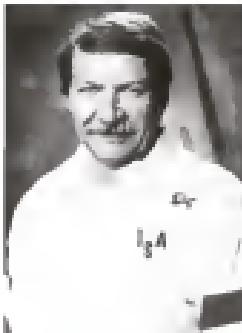
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CAMP DATE \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

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# JR. PAN AMERICAN GAMES

Report by Sean Cabis

From the US showing at the Jr. Pan American Games in São Paulo, Brazil on December 8-10, the US future looks bright. The competition included two divisions (child and junior) in men's, women's and rhythmic gymnastics. The US won several medals, including two all-around gold medals by Jessie Thompson and Mike Dutton.

The event results were:

## WOMEN JUNIOR TEAM

1. Canada	11.971
2. USA	11.955
3. Brazil	11.888

**All-Around**

1. Victoria Aguilera	ARG	17.925
2. Laura Aguirre	USA	17.700
3. Sofia Moreira	USA	17.675
4. Molina Grossi	USA	17.625
5. Letta Andrade	USA	17.075

**Vault**

1. Anna Ferreira (Imp.)	BRA	9.975
2. Sofia Moreira	USA	9.925
3. Molina Grossi	USA	9.900
4. Laura Aguirre	USA	9.875

**Bars**

1. Molina Grossi	USA	17.750
2. Laura Aguirre	USA	17.625
3. Molina Grossi	CAN	17.600

**Beam**

1. Sophie de Carvalho	USA	16.975
2. Laura Aguirre	USA	16.925
3. Jessie Chang	CAN	16.900

**Floor**

1. Shirley Sheldene	USA	16.925
2. Molina Grossi	USA	16.875
3. Laura Aguirre	USA	16.850

## CHILD TEAM

1. USA	31.250
2. CAN	31.025
3. ARG	30.975

**All-Around**

1. Jessie Thompson	USA	31.250
2. Danielle Morrissey	USA	31.175
3. Yvonne Tsoi	CAN	31.075

**Vault**

1. Danielle Morrissey	USA	14.850
2. Yvonne Tsoi	CAN	14.625
3. Kristin Premerasty	ARG	13.750
4. Jessie Thompson	USA	13.600

**Bars**

1. Danielle Morrissey	USA	14.125
2. Jessie Thompson	USA	13.925
3. Yvonne Tsoi	CAN	13.775

**Beam**

1. Jessie Thompson	USA	13.800
2. Kristin Premerasty	ARG	13.750
3. Yvonne Tsoi	CAN	13.625

**Rear Exercise**

1. Danielle Morrissey	USA	13.4
2. Kristin Premerasty	ARG	13.3
3. Yvonne Tsoi	CAN	13.2

**Floor Exercise**

1. Danielle Morrissey	USA	13.400
2. Kristin Premerasty	ARG	13.350
3. Yvonne Tsoi	CAN	13.250

## MEN JUNIOR TEAM

1. CAN	16.475
2. USA	16.250
3. ARG	16.000

**All-Around**

1. Roberto Abadinho	CUB	14.750
2. Diego Luselli	PUR	14.200
3. Yves LeClerc	CUB	14.150

**Vault**

1. Roberto Abadinho	CUB	13.800
2. Yves LeClerc	CUB	13.750
3. Jessie Chang	CAN	13.700

**Bars**

1. Roberto Abadinho	CUB	13.750
2. Jessie Chang	CAN	13.700
3. Jessie Chang	CAN	13.650

**Floor**

1. Roberto Abadinho	CUB	13.600
2. Jessie Chang	CAN	13.550
3. Jessie Chang	CAN	13.500

**Child Team**  
Jessie Thompson, pictured here at the 1993 U.S. Championships, won three gold medals at the Jr. Pan American Games.

**Floor Exercise**

1. Jessie Thompson	USA	13.400
2. Kristin Premerasty	ARG	13.350
3. Jessie Thompson	USA	13.250

**Parallel Bars**

1. Jessie Thompson	USA	13.350
2. Kristin Premerasty	ARG	13.300
3. Jessie Thompson	USA	13.250

**High Bar**

1. Roberto Abadinho	CUB	13.600
2. Jessie Thompson	CAN	13.550
3. Jessie Thompson	CAN	13.500

**BBB Rings**

1. Roberto Abadinho	CUB	13.600
2. Jessie Thompson	CAN	13.550
3. Jessie Thompson	CAN	13.500

**Child Team**  
Mike Dutton was five gold medals and one bronze at the Jr. Pan American Games.

**Floor Exercise**

1. USA	PUR	13.600
2. Canada	CAN	13.550
3. Mexico	MEX	13.500

**All-Around**

1. Mike Dutton	PUR	13.600
2. Steven Bryant	CAN	13.550
3. David Leder	USA	13.500

**Parallel Bars**

1. Mike Dutton	PUR	13.550
2. Steven Bryant	CAN	13.500
3. David Leder	USA	13.500

**BBB Rings**

1. Mike Dutton	PUR	13.550
2. Steven Bryant	CAN	13.500
3. David Leder	USA	13.500

**RIGHT**  
**Dominique Moceanu,** pictured here at the 1993 U.S. Championships, was four gold medalist at the Jr. Pan American Games.

**Personal Horse**

1. Vicki Lewis USA 8.800
2. Steven Brueggeman CAN 8.600
3. Mike Delta USA 8.400

**Hall Rings**

1. Steven Brueggeman CAN 8.800
2. Derek Lutze USA 8.600
3. Lee Carter-Torres MEX 8.500
4. Mike Delta USA 8.300

**Vault**

1. Mike Delta USA 8.800
2. Michael Lee-Curtis MEX 8.700
3. Derek Lutze USA 8.500
4. Erik Peterson MEX 8.300

**Parallel Bars**

1. Jacqueline Correia COL 9.000
2. Derek Lutze USA 8.800
3. Barry Kostberg USA 8.400
4. Mike Delta USA 8.300

**High Bar**

1. Mike Delta USA 8.800
2. Marita Fender CAN 8.600
3. Ed R. Petrucci ABC 8.500
4. Joe Novakoff USA 8.300

**RHYTHMIC****JUNIOR TEAM**

- |        |        |
|--------|--------|
| 1. CAN | 10.000 |
| 2. USA | 9.800  |
| 3. ABC | 9.400  |

**All-Around**

1. Courtney Edwards CAN 34.000
2. Kristin Leigh Inman CAN 33.900
3. Cheryl Tracy USA 33.900
4. Sally Ward USA 33.800
5. Jennifer Greinke USA 33.700

**Rings**

1. Kristin Leigh Inman CAN 8.800
2. Kristie Ali ABC 8.700
3. Adrienne Gossen ABC 8.500
4. Cheryl Tracy USA 8.400
5. Sally Ward USA 8.300

**Ball**

1. Courtney Edwards CAN 8.700
2. Kristie Ali ABC 8.400
3. Courtney Correia COL 8.400



# CHAMPS & TOKYO CUP

**By Don Wittenstein**

The 1993 Champs Cup International and Tokyo Cup were showcases for the Barcelona Olympics and up-and-coming stars. The Champs Cup, held in Nagoya, Japan, took place on November 26-29, and the Tokyo Cup, held in Tokyo, Japan, occurred on December 3.

The U.S. was well represented by Heidi Hembeck of Arizona Sunnys, coached by Dan Wittenstein, and Monica Shaw of Rocky Mountain Gymnastics, coached by Mark Lee. Chris Waller of UCLA and Jari Lynch of Stanford, as well as Stanford's coach Seiko Horikoshi, also made the trip.

The women's competition was a battle between the Romanian Olympians, Lavinia Milosavljević and Cristina Rotaru, the People's Republic of Korea's Kim Owing Sul and the U.S.'s Hembeck. With only three tenths separating these gymnasts, it was an exciting competition.

Hembeck placed fourth all-around with a score of 39.075 and qualified for all four event finals. She also won the silver medal on floor at the Tokyo Cup. Shaw qualified for bar finals and won the silver medal at both the Champs and Tokyo Cup performing her original move called the "Shaw" and used a nice full-in dismount for a score of 9.862.

The men's competition was very tough with strong performances from the Cu Chi (PRK), Ivan Ivanov (USA), Yukio Nakata and Yutaka Aihara (JPN), and Zhou Jing (CHN).

Walter finished eighth all-around and Lynch was injured and unable to complete the competition.

The men's competition could also have been titled as the "Ikuji Farewell Tour." This was his last competition and special presentations were made to him.

# EVENT RESULTS

## CHUNICHI CUP

### WOMEN

#### All-Around

1. Linda Milnevic USA 90.00

2. Christie Bentz USA 89.00

3. Kim Crouse Goss USA 88.00

4. Heidi Harbeck USA 87.75

5. Gina Pionk USA 86.50

6. Andrea Melzer USA 86.00

7. Minako Ito JPN 85.00

8. Jennifer Scherck USA 85.00

9. Kristy Hight USA 84.00

10. Kristen Show USA 83.00

11. Lisa Reed AUS 82.00

12. Kristina Miller HUN 81.00

13. Yu-Chen CHN 81.00

14. Lee Hee Kyung KOR 80.75

15. Sondra Davis FRA 80.00

16. Christ Coffey AUS 79.50

17. Ho Shumei CHN 79.00

18. Lee Seon-Jung KOR 78.75

#### Vault

1. Milnevic 9.00

2. Bentz 8.90

3. Miller 8.75

4. Harbeck 8.60

#### Bars

1. Kim 8.45

2. Bentz 8.35

3. Milnevic 8.15

4. Harbeck 8.05

#### Beam

1. Milnevic 9.80

2. Bentz 9.75

3. Milnevic 9.70

4. Harbeck 9.65

#### Rings

1. Milnevic 9.80

2. Milnevic 9.75

3. Bentz 9.70

4. Harbeck 9.65

#### All-Around

1. Yvonne Adams FRA 91.00

2. Gina Pionk USA 90.00

3. Yoo Oh-Yeon KOR 89.00

4. Mikaela Shiffrin USA 88.00

5. Claudia Nitschke FRA 86.00

6. Valeria Kostina FRA 85.00

7. Gina Pionk USA 84.00

8. Kristy Hight USA 83.00

9. Kristy Hight USA 82.00

10. Kristy Hight USA 81.00

11. Kristy Hight USA 80.00

12. Kristy Hight USA 79.00

13. Kristy Hight USA 78.00

14. Kristy Hight USA 77.00

15. Kristy Hight USA 76.00

16. Kristy Hight USA 75.00

#### Rings

1. Adams 8.75

2. Milnevic 8.70

3. Bentz 8.65

4. Harbeck 8.55

5. Johnsgaard 8.50

#### Beam

1. Bentz 8.70

2. Milnevic 8.65

3. Bentz 8.60

4. Bentz 8.55

5. Bentz 8.50

#### Rings

1. Bentz 8.65

2. Milnevic 8.60

3. Bentz 8.55

4. Bentz 8.50

5. Bentz 8.45

#### Beam

1. Bentz 8.60

2. Bentz 8.55

3. Bentz 8.50

4. Bentz 8.45

5. Bentz 8.40

#### Parallel Bars

1. Yoo

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Still Rings

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Vault

1. Milnevic

2. Milnevic

3. Bentz

4. Bentz

5. Bentz

#### Parallel Bars

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### High Bar

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### TOKYO CUP

### WOMEN

#### Vault

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Bars

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Beam

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Rings

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2. Bentz

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5. Bentz

#### Beam

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2. Bentz

3. Bentz

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5. Bentz

#### Parallel Bars

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2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### High Bar

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz



Pictured here from the 1983 U.S. Championships, was the silver medalist as her at both the Chunichi Cup and Tokyo Cup.

#### Parallel Bars

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Bars

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Vault

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Beam

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### High Bar

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### MEN

#### Floor

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Beam

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Parallel Bars

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#### MEN

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#### Parallel Bars

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#### High Bar

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5. Bentz

#### MEN

#### Floor

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5. Bentz

#### Beam

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5. Bentz

#### Parallel Bars

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3. Bentz

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5. Bentz

#### High Bar

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2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### MEN

#### Beam

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

#### Parallel Bars

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2. Bentz

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4. Bentz

5. Bentz

#### High Bar

1. Bentz

2. Bentz

3. Bentz

4. Bentz

5. Bentz

## &lt;h

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 July 25-30       August 8-13

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## SCHERBO—TOP & POP PERFORMER

Vitali Scherbo, winner of six gold medals at the 1992 Olympic Games, has been selected as the number one athlete in the world and the 13th recipient of the Jane Owens International Trophy Award. Scherbo, from Belarus, was chosen by an international panel of electors. The award symbolizes excellence in athletic performance and advocates cooperation and understanding among people of all nations.

In addition, Scherbo found pop fame when a new music video by the rock group B-SO's featured his athletic talent. He is being paid to appear in the rock video. The income is important, but Scherbo considers the exposure just as valuable. "Whether businessmen can see me on MTV and come to me if they like me," said Scherbo.

Has all this attention gone to his head? "People will forget me after one or two years," said 20-year-old Scherbo. "I will try to capitalize on this attention as long as possible."

After the 1996 Olympic Games, Scherbo dreams of a successful life with his new wife, while coaching gymnasts in the USA.



## USOC SPORTSMAN AND SPORTSWOMAN OF THE YEAR

Each USOC member organization selected a male and female athlete of the year for 1992. These athletes were then placed on a ballot and voted on by members of the national media, USOC Board of Directors and the USOC Athletes' Advisory Council.

### TOP TEN SPORTSMEN OF THE YEAR

Area/Sport	From (in thousands)
1. Polk Myrick, Swimming	1,191 (106)
2. Kevin Young, Rock & Roll	1,040 (106)
3. Bruce Boomer, Wrestling	981 (125)
4. Oscar de la Hoya, Boxing	889 (115)
5. Paul Wylie, Figure Skating	710 (116)
6. Trent Blane, Gymnastics	269 (99)
7. Ray Lafferty, Ice Hockey	452 (98)
8. Men's Basketball "Dream Team"	448 (116)
9. Phil Heath, Bodybuilding	264
10. Jim Davis/Sam Strickland, Cross-Country	261

### TOP TEN SPORTSWOMEN OF THE YEAR

Area/Sport	From (in thousands)
1. Jessie Graff, Speed Skating	1,257 (165)
2. Kristi Yamaguchi, Figure Skating	1,254 (165)
3. Bill Deines, Track & Field	1,080 (117)
4. Summer Sanders, Swimming	957 (111)
5. Shannen Miller, Gymnastics	821 (145)
6. Diana Nyad, Swimming	556
7. Annelie Capell, Tennis	403
8. Linda Hollis, Swimming	294
9. Kim and Kelli Jorgenson, Synchronized Swimming	272
10. Michele Tava, Field Hockey	264

## KIM GWANG SUN HOW OLD IS SHE REALLY?

Remember little Kim Gwang Sun, who won uneven bars at the 1991 World Championships in Indianapolis with a perfect 10.00?

Gwang Sun has been entered into competitions by her federation, the People's Republic of Korea, with three different birth dates. At the 1992 World Championships her birth date was listed as October 15, 1974. At the 1994 World Championships her birth date changed to February 18, 1975 and at the 1996 Olympic Games it was February 15, 1975. According to her federation, Gwang Sun's real birth date is February 15, 1975.

The International Gymnastics Federation (FIG) has banned the FIG women's team from competing at the 1995 World Championships in Birmingham, Great Britain, because it violated the age of the champion gymnast, Kim Gwang Sun.

The Executive Committee of the FIG distributed a release indicating that the infractions committed by the IGS are very serious and that such a violation of the rules will not be accepted. The release continued, "It is a most unprofessional behavior and unfair to all other participating nations and gymnasts."



## KEVIN DAVIS NAMED COUNCIL REP

1992 Olympian Kevin Davis has been named the representative of USA Gymnastics to the USOC Athlete's Advisory Council. Diane Simpson, 1996 Olympian, has been named the alternate to that position.

The Athlete's Advisory Council broadens communication between the USOC and currently active athletes, and serves as a source of opinion and advice to the Board of Directors with regard to both current and contemplated policies of the USOC. The council consists of at least one athlete from each sport in which the United States is represented at the Olympic and Pan American Games and are athletes elected by the Athlete's Advisory Council to serve as-large on the Athlete's Advisory Council.

Congratulations to Davis and thanks go to previous USOC AAC member, Wendy Hallard.

# SAFETY CERTIFICATION

1. The test book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.
2. The course will take approximately six hours, including the test.
3. Certification is good for four years.
4. The course fee is \$100.00. USGF members and second cycle recertification is \$75.00. Retest cost is \$25.00.

For groups of at least 5, contact USA Gymnastics Department of Safety and Education (317) 257-5050.

## SCHEDULED COURSES

**Saturday, March 21, 1992**

Lawrence, KS  
10:30 a.m.-4:30 p.m.  
Elite Gymnastics Club  
13600 West 18th Street  
Lawrence, KS 66215  
Course Dir.: James Gedney  
913-459-3554

**Saturday, March 27, 1992**

Louisville, KY  
10:00 a.m.-3:30 p.m.  
Louisville Gymnastics Club  
2600 Chamberlain Lane  
Suite 210  
Louisville, KY 40261  
Course Dir.: Karen Sparrow  
502-425-2214

**Friday, April 2, 1992**

Phoenix, AZ  
12:00 noon-6:00 p.m.  
Phoenix Airport Hilton  
2435 E. 47th Street  
Phoenix, AZ 85004  
Course Dir.: Hiroshi Fujimoto

**April 23-25, 1992**

Local Contact: Brock Anstine  
603-750-3811

**Saturday, April 17, 1992**

Clearwater, FL  
12:00 noon-6:00 p.m.  
Apollo School of Gymnastics  
2140 Range Road, Unit G  
Clearwater, FL 33525  
Course Dir.: Karl Bishop  
813-447-2108

**Saturday, April 24, 1992**

Petaluma, CA  
3:00 p.m.-9:00 p.m.  
Redwood Empire Gymnastics  
404 Payne Street  
Petaluma, CA 94940  
Course Dir.: Hiroshi Fujimoto  
408-373-3694  
Local Contact: Steve Kloss  
707-778-0529

**Saturday, April 24, 1992**

Layton, UT  
8:00 a.m.-4:00 p.m.  
North Davis Gymnastics  
80 W. Castle  
Layton, UT 84041  
Course Dir.: Blake Starr  
801-344-0334

**Saturday, July 31, 1992**

Columbus OH  
10:00 a.m.-2:00 p.m.  
Radisson Hotel Columbus North  
4900 Sinclair Rd  
Columbus OH 43229  
Course Dir.: Bobbi Morrison  
614-827-1279

**Sunday, October 3, 1992**

Huntington, NJ  
10:00 a.m.-6:00 p.m.  
Gymnastics Unlimited  
810 W. Broad St  
Huntington, NJ 08822  
Course Dir.: Cathy Pisko  
201-556-1868

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Course Director: \_\_\_\_\_

Course Location: \_\_\_\_\_ Date: \_\_\_\_\_

Organization Represented: \_\_\_\_\_

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Confirmation Mailed: \_\_\_\_\_



### SHANNON MILLER: FEMALE ATHLETE OF THE YEAR

Shannon Miller was one of the year's honorees at the National Athletic Awards to benefit the March of Dimes. Miller received the female athlete of the year award on February 15, at the Fox Theatre in Detroit, Michigan.

The National Athletic Awards has raised over \$800,000 for the March of Dimes Campaign for Healthy Babies since its inception in 1969. Past award recipients include Roger Ray Leonard, Los Holtz, Florence Griffith Joyner, Kim Zmeskal, Scott Cook, Tonya Harding, Diana Saito, Billie Jean King, Michael Johnson, Merrill. This year, along with Miller, the honorees included Dorothy Hamill, Hallman Trophy winner Gina Torrisi and Fred Lebow, the founder of the New York City Marathon.

### SOUTH AFRICAN CLIP: GRUBBS WINS FIVE MEDALS

Parkers' Martha Grubbs and California Gymnastics Academy's Marisa Wilson represented the U.S. at the 1992 South African Cup. Dick Kramer and Dennis Malmyer were the U.S. coaches to the delegation.

Great Britain, Romania, USA, Bulgaria, Russia and South Africa were the participating countries.

Romania's Maria Nevadis won the women's all-around competition with a score of 39.40 while Grubbs earned her silver medal with a 39.15. Third place went to Great Britain's Rita

Loujek. Nevadis won first place in all four events and Grubbs placed second on vault, and third on bars, beam and floor.

If time plays to be ready Grubbs placed 21st all-around at the 1992 US Championships, missing the national team by one spot. However, due to retirement and athletes moving on to collegiate competition, Grubbs was added to the senior national team and made a great showing at her first international competition.

In the men's

Azerbaijan's Valery

Belenky won the all-

around with 58.10

Bulgaria's Kafker

Hristosov placed

second with 58.05 and

Romania's Christian

Boszoru finished third

with 58.03. Wilson, in

her first international

competition, scored 54.65

for fifth place.



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Don Eckert

### Pikes Peak Camp Staff 1993

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(continued from page 10)  
sponsored certain Soviet sports in the past, this is the first time that the former Soviet Union (now the republic of Russia) has a sponsor for their entire national Olympic Committee. And I am sure that Renshaw will not be the last.

Along with the opportunity to receive sponsor support goes the obligation and understanding of such relationships. In the past, these teams that were supported by their governments did nothing but train and compete at the major world events. They were never required to do all of the things that most teams had to do in order to receive the commercial support that we have grown so accustomed to. Personal appearances, press conferences, media tours, exhibitions, autograph sessions, commercial endorsements, business lunches and dinners, banquets and all of the other requests made by the commercial sponsors must now be placed on the schedule of activities and events for the athletes and coaches. While our coaches see the hint to admit that there are significant distractions, they also understand the realities and the necessity of such relationships. It will be interesting to see how quickly these new opportunities are adopted by the Eastern European countries.

Along with corporate relationships also come higher standards of ethics, communication, athlete's rights, due process, fairness and integrity. These are all principles that take a great deal of time to develop and learn. They will not be easily understood, nor valued, when immediately imposed upon an individual or an organization. They will have to be learned and incorporated in all aspects of one's



**Sport has always been in a pre-eminent position to identify the strengths and benefits of the democratic process. It will once again serve that role and hopefully, the care, concern and support of our athletes will be at its highest level ever.**

business and programs. This will not only be difficult but it will be extremely time consuming and it will, in fact, compromise the traditional methods that have been utilized in the past to identify, train and prepare athletes.

In the long-term, sport will be much better off. Principles and ethics will be of a much greater concern and the athlete will be the greatest beneficiary. It will also allow the western countries to feel more comfortable in embracing these principles, as well. Often times coaches, administrators and the people directly involved with ethical propagation and training feel compromised by standards that only few had to meet. In the future, these standards will be the accepted norms that everyone will follow and the principles of sportsmanship and fair play will be better understood and accepted by the entire sporting community.

Democracy is not an easy concept to understand! It is even more difficult to implement and enforce. Yet it is obvious that so many of the world's people are grasping at this opportunity and look to this as the salvation of their future. Those of us who have had the privilege of living in this environment, very much look forward to the benefits that it will bring to these new countries. Sport is an important part of this. Sport has always been in a pre-eminent position to identify the strengths and benefits of the democratic process. It will once again serve that role and hopefully, the care, concern and support of our athletes will be at its highest level ever. Our athletes and our youth are our nation's greatest resource. They deserve all the support that we can provide and it is extremely exciting to think that soon all the nation's of the world's sporting community will establish this as their primary goal.



## RHYTHMIC GYMNASTICS SUFFERS A GREAT LOSS

One of the sport's brightest international stars, Olga Kostina, died from injuries suffered in a car accident on February 11. The car in which she was riding, reversed on Moscow's outer ring road and crashed into a truck. The driver of the car, modern pentathlon Olympic medallist Edward Zemtsov, was seriously injured.

Kostina won five gold medals at the 1992 Rhythmic World Championships and was the silver medalist in the all-around at the 1992 European Championships. She was the 1991 European champion.

Catherine Yakhniovich, coach of US Olympian Tatiana Lovratenko, was a teammate of Kostina for approximately six months. Yakhniovich describes Kostina as a very sensitive person and one that took everyone's problems as seriously as her own.

Tikhonov said that Kostina was buried in Omsk, Russia.

Kostina had just returned from a competition in France and was preparing for an international event in Japan.

The sport of rhythmic gymnastics suffered a great loss. Kostina will be dearly remembered by everyone who saw her beauty and grace as she competed.

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### LINDSAY NELSON

#### Broomfield, Colorado

Lindsay, 10, was the Level 7 Compulsory Champion at the 1993 USCP Colorado State Meet. She won four gold medals (all-around, bars, beam and floor) and a bronze medal on vault. Lindsay's scores on bars and in the all-around set two new Colorado state records. Lindsay is a straight A student in the 5th grade and is coached by Pat Boyle at Gymnastics Unlimited, Inc., in Northglenn, Colo.

### LUCAS STRAUBMEIER

#### Nevada City, California

Logan, 9, a fourth grader at Deer Creek School, placed first all-around at seven consecutive class IV meets, including the Northern California State Championships. This season he will be competing in Level 5 (7 to 9 year olds). Logan is coached by Ben Barberuk at Gold Cities Gymnastics in Grass Valley, Calif.



### ELAINE WILTON

#### Hewitt, New Jersey

Elaine, a five-time graduate (6th All American from 1981-1985) at the University of Utah, continues her winning ways in a new arena—the sport of competitive acrobatics. In just over a year of competing she has captured four gold medals, including two from the nation's most prestigious competitive acrobatics event, the Nautilus National Aerobics Championship. Elaine and her husband, John, are the directors of Wilton Academy, where she teaches both gymnastics and acrobatics.



Would you like to be included in the Faces in the Gym feature? Send a recent photo and a paragraph of information to: USA Gymnastics, Faces in the Gym, P.O. Box 3000, 201 S. Capitol Ave., Suite 200, Indianapolis, IN 46225.

Please use black and white or color. Sorry, photos cannot be returned.

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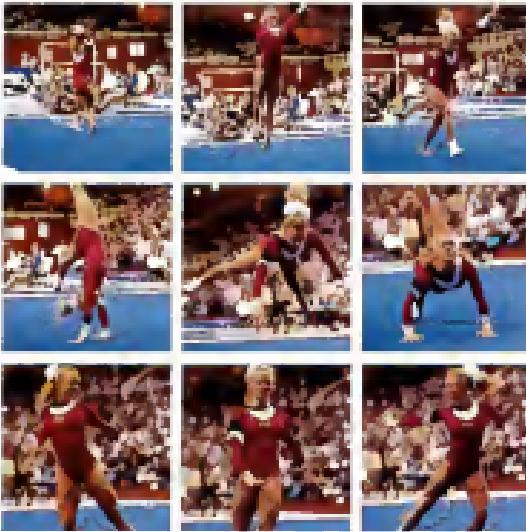
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